

### **Abstract**

The present invention relates to a recipe for a breadless breading substitute to be used, instead of bread or batter, for the purpose of coating foods or mixing in food to create a low carbohydrate product. The recipe comprises almond meal, flax seed meal, soy flour and seasoning to form a healthy, gluten free product. When applied to food, such as chicken tenders, and then fried in oil or baked in an oven, the result is the creation of a breadless breading texture that is tasty and low in fat.